

# WYA MENTOR NEWSLETTER

## Welcome, Mentors, to the Washington Youth Academy 20-2 cycle!

This cycle is, and will be, very different for our cadets, and for you, our mentors. The biggest difference is our cadets will be completing their educational goals from their homes. This means that they may have many of the same distractions they had before they attended the Academy, and there could be new ones for both them and their families due to COVID.

The good news is that, even though their days will look and feel different, they will have a lot of folks working hard to help them be successful every day.

How will mentors fit into this unique puzzle, you may ask? You can help your cadet by **being a friend**. During this pandemic, your cadet may be missing out on that social piece of their lives. And, they may want to talk to someone that is not family. You can be that trusted confidante and help your cadet through their day-to-day struggles. You can also help them **improve their social skills** by enabling them to develop stronger communication skills and learn to relate to different types of people outside of family and friends. You can **be their champion** by always being in your cadet's corner. Believe in them and recognize their successes. Finally, you can **remind them to realistically focus on what they are passionate about**. If they love cars, perhaps their long-term goals can be centered around learning a trade focused on being a mechanic.

In addition, you may have a cadre or staff member reach out with questions. We will be reminding cadets to continue to build relationships with you – through texts, calls, Facebook, FaceTime, etc. And, over the next few months, we will be sending great tidbits of information that can help you be a stronger mentor.

As we are always saying, reach out to us with any questions, concerns, celebrations or if you just want to talk. We are here for you.

## Today's TIDBIT

Why is mentoring so important right now? Check out this link from dosomething.org. This is a site created by today's youth, highlighting what they currently see as important. And, the stressors felt with remote learning is at the top of their list. Having a mentor to talk to can help our cadets alleviate some of their anxiety. The ideas the students discuss, can be great talking points between you and your cadet.

<https://www.dosomething.org/us/articles/11-things-stressing-students-out-about-remote-learning>

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